



# Plus! People NEWS!

The center that builds community

People Plus  
P. O. Box 766  
Brunswick, ME  
04011-0766

Non-Profit Organization  
U. S. Postage PAID  
Portland, ME 04101  
Permit No. 454

35 Union St. / PO Box 766, Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

June 2021

Volume 21, No. 6

People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages

## RAISE YOUR HAND IF YOU LOVE PEOPLE PLUS!!



PEOPLE PLUS SAW OUR LARGEST GROUP FOR LUNCH since the pandemic began 14 months ago. Feasting on chili, homemade cornbread and ice cream sundaes, the group had a great time relaxing and chatting in the sunshine. When asked who amongst them is enjoying being back out in public with their friends and gathering at the Center, they all raised their hands!

## Fundraisers Finish Fantastically!

Thank you, thank you, thank you!

The support shown toward People Plus and the services it offers continues to be quite astounding. Three just-completed major fundraising events, two of which were canceled last year due to the coronavirus pandemic, gave the public an opportunity to respond, re-engage, and come together in support ... and oh boy, did they ever!

Individuals, businesses, organizations, and others dug deep into their pockets to help keep the Center strong as it approaches the end of its fiscal year.

Over four days in May, people were lining up for a tasty treat at the Gelato Fiasco Scoop-a-Thon, showing their support for the Brunswick Area Teen Center. While in April (and for the entire month!), folks were bidding like crazy during the online Music in April auction. AND we sold 305 tickets for a very special raffle — a pair of gorgeous handmade kayaks donated by David and Margo Knight.

Thank you to everyone for supporting what People Plus brings to its members and the surrounding communities. Without your generous backing, none of this would be possible.

"We are always so humbled by the outreach

of our community to come together in support of both the seniors and teens at the Center. The staff works so hard pulling together day-to-day programming, providing services and creating a place where people are healthy and happy; so it's really gratifying when the community acknowledges that through a shared fundraising effort," said Stacy Frizzle-Edgerton, People Plus Executive Director.

### APRIL RAFFLE

The special Music in April raffle — a pair of wooden kayaks made by David and Margo Knight — brought in \$6,100! Although that figure is included in the \$48,500 Music in April total income, it's certainly worth noting as a standalone number. Thanks to all who bought a ticket!

The happy winner was Carl Carlson. He and his girlfriend, Lisa, came to the People Plus Center to pick up their prizes, and also had the opportunity to meet the kayak crafters.

It turns out that Carl, 75, is a bit of an adventurer in his retirement. Carl, who was an electrical engineer and did engineering management in the high-tech industry, sold his house a few years ago and now he and Lisa travel the country. They have family in Florida

and Arizona to be with in the winter, and they enjoy New England in the summer.

"Yes, in the spring of 2018, I decided to sell the big house in New Hampshire and go out on the road to travel full-time," said Carl. "We purchased a custom 19-foot Escape fiberglass travel trailer with all the facilities needed for travel."

"Lisa is not a dedicated traveler, so we purchased a small condo in Wells, Maine, which is her home base," Carl continued. "She joins me in fun places around the U.S."

As a longtime lover of the outdoors, Carl enjoys lots of hiking, bicycling, and paddling wherever the road takes him. "I sold or donated pretty much all of my belongings, other than the necessary toys — hiking boots, bicycles, and kayak," said Carl. "I have found that the simple

*continued on page 6*



LUCKY RAFFLE WINNER CARL CARLSON and his girlfriend Lisa partook of the ceremonial "passing of the paddles" when they arrived at the Center to claim their prize. They were thrilled and honored to meet Margo and David Knight, the generous members who built and donated the gorgeous wooden kayaks that Carl and Lisa won!



**BEST FRIENDS FOR DECADES**, Lennie Burke and Jeanne d'Arc Mayo reconnected recently at the People Plus Center. Both of the women participate in multiple exercise classes, lectures and other clubs at the Center as well as being former board members who focused specifically on fundraising, these two ladies are the epitome of what People Plus is all about: fun, friendship and giving back to your community.

### Frank's Field Trips

## Ready for a trip? So is Frank!



They're back! We are thrilled to announce the return of Frank's Field Trip, with a local

activity right in downtown Brunswick! It's taking place on Tuesday, June 15th.

You'll drive on your own and meet Frank at the Joshua L. Chamberlain Museum (226 Maine St.) at 9:45 am. The group will have a private tour with docent John Munchie at 10 am. After the tour, we will walk to the famous Chamberlain statue and head



on our way to the Pine Grove Cemetery, where we will explore the famous and not so famous graves. Then we will walk down

Park Row, finishing up with lunch "on your own" at Joshua's Restaurant on Maine Street at about 12:45 pm.

The group is limited to 14 and the cost per person is \$15 (plus your cost of lunch). Registration and payment are required. Don't forget, you will need your walking shoes and be able to walk at least a mile. Call today to reserve your spot!



## "Lunch Out" is back!

June 8th at 11:30 am, call 729-0757 to register.

PEPPER'S  
LANDING

TRD PL MRK

LOBSTER Co.

147 Bath Rd, Brunswick



# People Plus News

The monthly newsletter of People Plus, serving residents of the Brunswick-Topsham-Harpswell area. Questions, comments, submissions and sponsorship queries should be sent to the address below. Note that all submissions must be received by the 15th of the month to be included. email: [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org) snail mail:

The Editor, People Plus News  
P. O. Box 766  
Brunswick, ME 04011-0766  
Office phone (207) 729-0757

## People Plus Board of Trustees

- David R. Forkey, Chair, Georgetown
- Charles S. Evans, 1st Vice, Topsham
- David Millar, 2nd Vice, Yarmouth
- Mitchell W. Brown, Secretary, Brunswick
- Christine Munroe, Treasurer, Falmouth
- Carolyn Bulliner, Brunswick
- Jim Burbine, Harpswell
- Robin Copland, Topsham
- Christine Corriveau, Orr's Island
- Thomas Farrell, Brunswick
- Catherine Jarratt, Brunswick
- Tim Keene, Pittston
- Rodie Lloyd, Freeport
- Stephen F. Loebs, Topsham
- Scott Stewart, Topsham
- Annee Tara, Brunswick
- Kim Watson, Topsham
- Kelsie M. West-Ezzo, Topsham

## People Plus Staff

- Stacy Frizzle-Edgerton  
Executive director  
[director@peopleplusmaine.org](mailto:director@peopleplusmaine.org)
- Jill Ellis  
Program and event coordinator  
[programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org)
- Elizabeth White  
Office manager  
[betsy@peopleplusmaine.org](mailto:betsy@peopleplusmaine.org)
- Jennifer Felkay  
Marketing coordinator  
[marketing@peopleplusmaine.org](mailto:marketing@peopleplusmaine.org)
- Jordan Cardone  
Teen Center coordinator  
[teens@peopleplusmaine.org](mailto:teens@peopleplusmaine.org)
- Lynne Smith  
Membership/VTN coordinator  
[driver@peopleplusmaine.org](mailto:driver@peopleplusmaine.org)
- Sarah Deck  
Office coordinator/receptionist  
[reception@peopleplusmaine.org](mailto:reception@peopleplusmaine.org)
- Patrick Gabrion  
People Plus News editor  
[news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

## Spectrum Generations Staff

- Andrea Handel  
Aging & Disability Resource Specialist  
[ahandel@spectrumgenerations.org](mailto:ahandel@spectrumgenerations.org)
- Teddi Reed  
Meals on Wheels/Nutrition coordinator  
[treed@spectrumgenerations.org](mailto:treed@spectrumgenerations.org)

# To mask or not to mask?

## That is the big question.

Both the CDC and the governor say we don't have to wear a mask anymore. Sometimes you hear that it's OK only if you're vaccinated, and in other statements it basically says you don't need a mask anymore no matter what. And it seems to me that's a very personal choice.

We have been covering our faces and avoiding germs for 14 months. And it's kind of hard to let that go overnight. Especially if you know you have friends or family members who are not fully vaccinated yet or at risk in some way, and you don't want to expose them to any danger of contraction.

Or maybe you're just not so sure about this whole thing yet, so it feels a little safer keeping your mask on. It has definitely become a bit of a security blanket for all of us. No matter how irritated I am by the darn thing, sometimes it just feels like I'm more protected if I've got one on!

And it doesn't mean I'm not vaccinated and it doesn't mean I'm sick or I'm contagious or I'm an "anti-vaxer." ... It

just means maybe I'm going to feel a little better if I wear mine for a while still. Can't hurt, right?

And the thing about this virus (and the vaccination) is that you can't tell from looking if somebody has it. And you can't tell when they're wearing a mask why they might feel the need to do so.

So we've all come to an agreement at People Plus that people can do what they want to do to feel comfortable. Whether you are fully vaccinated or not, you can wear your mask. And there will be no judging, no wondering why, and no asking why, because we all understand it's a personal decision and we're just excited to see everybody's happy faces at some point back at the Center!

It's been amazing these last few weeks to have so many people come back in to start playing games, doing clubs and exercising. We are getting back to our regularly scheduled programming per se — like the way it used to be. It's so exciting! To quote Yogi Berra, the New York Yankees catcher, "It's like déjà vu all over again!"

We are working out the schedule and



**HALF WITH A MASK AND HALF WITHOUT A MASK**, everyone at last month's Lunch Bunch sat outside in the glorious sunshine, enjoyed delicious food, great company and the entire day tremendously!

## From the Executive Director

Stacy Frizzle-Edgerton



creating events, asking Frank to create field trips and make his famous lemon butter chicken. We are holding balance and falls clinics and planning the Senior Health Expo. It's all the things we used to take for granted and it's all the things we are so happy to have back!

So as always, People Plus is a judgment-free zone. We accept everyone no matter where they are in their journey. We hope to see all your smiling faces, but understand if it might be a month or so before you're ready to do that. And, of course, we expect that everyone will have to spend some time whitening their teeth and there's bound to be a big run on lipstick!

And what a relief it will be to need it. For most of us, we've been given a second chance to appreciate the simple pleasures of being with friends, sharing a meal, taking a class together or learning something new. And it's always better to do it together — whether you're wearing a mask or not!

So we look forward to seeing all of you here at People Plus, the Center that builds community; with a mask, without a mask, with lipstick, or without it!

## From Anita's Plate

Anita Nugent  
(207) 504-6439



[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)

You have probably heard during the COVID-19 pandemic about products that have been touted as helping to "boost" your immune system. While this may sound promising, is it really possible?

We cannot boost our immune system, but we can "support" our immune system. Our gut is home to millions of powerful bacteria that are working continually to prevent and protect us from disease. More than 60 percent of our immunity is housed in the lining of our gut.

What can we do to support our gut health? It is important to first consume foods that contain "good" bacteria. Many things can affect the type of bacteria that is in our gut. This includes age, medications, sleep quality, and inactivity to name a few. Consuming foods that

## Eating right foods to support immune system

contain active live cultures are a great way of putting good bacteria into our gut. Consume yogurt that contains active live cultures; enjoy a dollop of sauerkraut or kimchi on your next salad. Pour yourself a glass of kefir.

Now that there is good bacteria in your gut, it is important to feed that good bacteria. A recent study showed that two types of fiber (fructans and galacto-oligosaccharides) are great at doing just that. Fructans are found in whole wheat, onions and inulin. Galacto-oligosaccharides are found in dairy products, beans and lentils. So use whole grain products, add onions to your sandwiches, soups and salads. Add beans to your scrambled eggs, salads and wraps.

I hope some of these ideas will help you to eat your way to supporting your immune system!

**People Plus** **\$68,678**  
Raised through May 20

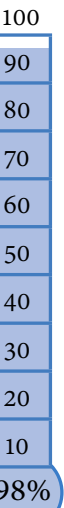
Our goal for the People Plus annual campaign is \$70,000 and we're almost there! According to Office Manager Betsy White, as of May 20, the funding total was \$68,678, which includes \$3,167 in membership donations.

Along with all the "usual ways" to donate money, such as by cash, check, etc., you can also consider giving a gift of stock.

If you would like to support the Center with a donation, and help push us beyond \$70,000, please call People Plus at 729-0757 or visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org).

Our campaign runs through June 30. As always, thank you so much for your continued support!

**Every donation helps!**



## Apple and Sauerkraut Quesadilla

### Ingredients

- 1 C. sauerkraut, rinse
- 1/2 C. water
- 2 high fiber tortillas
- 1 C. grated reduced-fat Cheddar cheese
- 1 small Granny Smith or other tart, juicy apple, peeled and very thinly sliced

### Directions

1. Put sauerkraut and water in a medium nonreactive skillet. Gently heat just until the liquid has evaporated but not so much that the sauerkraut begins to stick to the pan. Remove from the heat.
2. Gradually heat a large cast-iron over medium heat. Put one tortilla in the pan and immediately sprinkle 1/2 cup cheese over half of it. Quickly arrange about half the apple slices over the cheese, then top with half the sauerkraut, spreading it evenly.
3. Fold the tortilla over the filled half and press gently on it with a spatula to seal. Heat the quesadilla until the bottom is golden, about 2 minutes, then carefully flip and lightly brown the other side. Slide the quesadilla onto a cutting board and cut it into halves or quarters. Prepare the second one in the same fashion.



Peter W. Ladner, President, circa 1980

## BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME  
(207) 725-5511 [www.BrackettFH.com](http://www.BrackettFH.com)



## Gone but not forgotten — in Memory of

**Sally Clements**  
March 16, 1943 — April 22, 2021

**Nancy Laitala**  
August 9, 1938 — May 6, 2021

**Richard Lancaster**  
Feb. 27, 1931 — May 5, 2021

**Chanel Fortin**  
Dec. 6, 1928 — May 20, 2021



## Poems and Prose

### Drifting Daffodils

By Virginia Sabin

A garden conceived many seasons ago  
A vision of daffodils  
Drifting in a darkened wood  
A variety of 100 bulbs  
Planted 30 years ago  
Under and among towering pine  
Towering pine blocking the road and beyond  
Where the New Meadows River flowed  
Blocked by towering pine  
Only a couple of plants grew  
Those planted at the edge of the wood  
Those getting sunshine

The best laid plans ...  
Thirty years later  
An undetected leach field failed  
Felling a towering pine that grazed the deck  
Pine trees fall with wet feet  
So those towering pine were felled

A patient Mother Nature full  
of surprise and design  
Has fertilized and provided  
sunshine  
For those forgotten buried  
bulbs  
This spring there is an explo-  
sion of blooming daffodils  
Spreading randomly to field  
and road  
Unfettered in the sunshine



### Listening In

By Doris Weinberg

The sun is warm as I lie on the beach,  
wiggling my toes in the sand.  
We got here early to claim our spot,  
right next to the lifeguard stand.

Our blanket was spread with a shoe at each corner,  
so that it would not blow away.  
My husband and I are here most Sundays,  
starting late in May.

I can think of many reasons we come here so often,  
like the sound of the waves and the salty air.  
Only a forty-minute drive on a small country road,  
and needing very little time to prepare.

Besides being the place to totally relax,  
and let your tensions go.  
I found another reason to  
return to this very spot, you know.

We are always next to "station 3,"  
where two young lifeguards sit.  
And here I lie with a hat hiding my face,  
eavesdropping I must admit.

It is so much fun to quietly listen  
to their comments about each passing chick.  
Sometimes they would rate them by numbers,  
and I'd wonder whom they would pick.

I do think about what their moms would say  
about the adjectives they used.  
I am sure there would be many times  
when they wouldn't be amused.

But I also noted the pretty young girls  
would slow down as they ambled past.  
If I could have heard what they were saying,  
I too might have been aghast.

A day at the beach was always so great,  
I could have written a book with what I heard.  
And who knows, it is not too late,  
I still might have the last word.

### The American Flag

By Nonie Moody

There are many feelings reserved  
For seeing our flag in the breeze  
Positioned on a stainless steel pole  
And with strength it stands with ease.

The colors are red, white and blue  
The red stands for valor and boldness  
The white is purity and innocence  
The blue means justice and watchfulness.

There is pride in the flag that flies  
For it represents in one sighting  
All peoples of a whole nation  
From homes, offices or farming.

But there are enemies present  
Who quickly degrades and  
destroys  
The negative voice from within  
Or abroad with powers that  
annoys.

The red, white and blue is solid  
For its meaning goes very deep  
And the soul of our nation stands  
Viewing our flag is one to keep.



### Walking in Beaver Park

By Alene Staley

I enjoy walking in the woods. I always have found pleasant natural environments where I could regularly visit to recharge, relax, contemplate, and, of course, exercise.

Upon moving to Lisbon 19 years ago, I discovered Beaver Park. The land was originally acquired by the state of Maine for a future state park. When plans changed, the state sold the land to the town of Lisbon.

The park has three ponds stocked with fish, and miles of well-groomed trails for year-round use. Two picnic shelters host weddings, reunions, and graduation and birthday parties. Picnic areas are available throughout the park.

Like many people, I go there to walk on the natural trails. In spring, wildflowers are abundant including lady slippers, trailing arbutus, clintonia, and starflowers. In the summer, great blue heron are regular visitors with ducks and geese. In winter, trails are groomed for cross-country skiing and snowshoeing, and the ponds are cleared for skating.

I enjoy a nice long hike, some birdwatching, checking out what is blooming, watching dragonflies, butterflies, turtles and frogs. Then I like to sit for a while and enjoy the tranquility. Oh, and of course, a pleasant conversation along the way makes it perfect.

### Seasonal Changes

By Nonie Moody

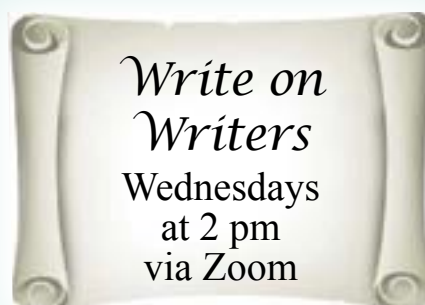
There are changes coming outside my window  
From the tans and browns of hibernating winter  
Fading away and speeding toward a hint of green  
From our lawn and the fields of the neighbor's pasture.

Each day there's a little more green added until  
It is time to dust off and make ready the lawn mower.  
The spring flowers have come and gone with beauty  
And the perennials are beginning to shower with color.

This seasonal change comes encouraging the heart  
To venture outside the door and to breath fresh air  
Looking up not at ceilings, but the sky and tree tops for  
Broad is the view, and glorious landscapes everywhere.

Planning our days peering further down the road  
For day trips or vacations that strengthen our will.  
Summer's warmer nights with screens on the windows  
Brings the best of the day into the darkening evening chill.

A seasonal boat ride to a favorite Maine island  
Or camping and a canoe trip with special friends  
A hike in the woods or a long walk along the beach  
Thankful for seasons causing the spirit to ascend.



### Ding A Ling

By Doris Weinberg

In a corner in my living room  
is a bookcase that does not have books.  
Instead, there is a good size collection,  
for everyone to have a look.

I didn't have this hobby  
until after I was wed.  
I had started with shells and unusual stones,  
then changed my mind instead.

My husband collected stamps and coins,  
and I would join him for the ride.  
We'd stop by many antique shops,  
we found along the roadside.

I too would browse around,  
and one day I found a bell.  
It was very unusual in size and form,  
and was made from a large seashell.

I held it up and looked it over,  
it started my fascination.

I brought it home and set it on a shelf,  
and so began my new creation.

From then on, I would look for bells,  
but not just ordinary ones.  
They had to be different or have a story,  
and now there are more than twenty-one.

One of my specials was worn by a cow,  
it is rusted and handmade as well.  
The farmer who welded it told me his story,  
for five dollars, it is my favorite bell!

Another came from the Salt Lake City Olympics,  
way back in 2002.  
My sister was there and knew I loved bells,  
so she added to what then were a few.

Remembering the story behind each one,  
for me is really a must.  
But at least once a month, it sure is a chore,  
when I have to lift them to dust!

### Paid the Price

By Doris Weinberg

As a young girl, my best friend was named Marie,  
and we did everything together.  
Our parents would see us and usually comment,  
that we were birds of a feather!

She lived down the street and we'd go back and forth,  
playing dolls and other girl games.  
There was jump rope and jacks and make believe,  
popular in that time frame.

But there was one occasion that we had a fight,  
and I went home angry and mad!  
I went down our cellar and came back with some coal,  
and proceeded to be awfully bad!

I started on the sidewalk in front of my house,  
and headed in her direction.  
And in each sidewalk square, using the coal,  
I wrote with complete perfection.

"Marie Pauls is a Dirty Brat!!"

I wrote it in every square.  
I kept it up, working very fast,  
until I was almost there!

Suddenly, I saw my dad approaching,  
reading my words as he came.  
And since I thought I was "Daddy's Girl,"  
I suddenly felt some shame.

He turned and walked home but soon returned,  
carrying a bucket and brush.  
He didn't scold but looked at me sadly,  
and said, "You had better rush!"

"You can't come home until all this is gone,  
and remember it will soon be dark."  
He turned and left me there alone,  
to get rid of every mark!

I got it done and paid the price,  
with sore knees and a supper that turned cold.  
But I did learn my lesson, that to be Daddy's girl,  
I better not be twice told!

### Locket of Love

By Betty Bavor

I was 10 and my brother was 11 and a half when we were blessed with a baby brother. For a reason unknown to us, a year or so later we moved to Worcester for two years.

Our house bordered greenhouses and outside gardens. A girlfriend who lived across the street and I decided we might earn some money working in this greenhouse. I do not remember discussing this with my parents, but we visited this greenhouse after school one day asking if there was any work we could do.

We were shown around and told we could remove old blossoms from plants, pot seedlings, and arrange seasonal displays for starters. We would be paid 5 cents an hour. The owner wanted to meet our mother or father before we could start, so we hustled home and returned with our mothers. After serious discussion about hours to work including flexibility regarding school activities, greenhouse duties, supervision and pay, it was agreed we could begin working in the greenhouse. Wow our first job!

We began working several hours on Saturday, then a couple of hours two or three days a week after school. There were no hard and fast rules. We would stop in and if there was work, we would work. It was fun and we took faded bouquets home. My mother always put mine in a vase with gratitude no matter how shabby and limp they looked.

Our first pay was exciting, maybe 50 cents cash and I began saving for something special. This is where the "locket of love" developed. I wanted a locket. I checked Sears and Roebuck catalog and store windows discovering they cost \$8 to \$10. I had a ways to go.

My girlfriend and I were diligent and were given a raise to 10 cents an hour. Finally, I had earned \$8. I was ready to shop. My mother could not take me, so my friend ask her mother and the three of us took the bus to a city jewelry store. In the sparkling case was a beautiful heart-shaped gold locket on display with a pink flower, green leaves and two hearts. It was \$6.98 and I gave the sales lady \$7.

I was thrilled to have made this purchase all by myself with my own money and I still had \$1.02. I could hardly wait to get home to show my parents my locket. They made me feel so special and proud of

my accomplishment and purchase. I reverently put a picture of my parents in this locket and they have never escaped.

As years passed, I began wearing this locket to special occasions when I felt I needed my parents' guidance and spirit in my life. It has been worn to my high school and college exams, graduations, and celebrations. My heart overflows with respect, gratitude, and love for my parents' unending support, caring, sacrifice, and unconditional love molding me to the person I am today. This locket will always be one of my most cherished possessions.



# June is Joyous at People Plus!!



**ENJOYING GOOD CONVERSATION** and backing it up with geography, political facts, current events information and more, the World Affairs group gathers every Friday at 11 at the Center to discuss what's happening on a global basis. Seen here with maps and reference materials spread on the floor between them, the group picks a new topic every week and studies it in advance.

### Lunch Bunch "On Us"

## Frank's famous lemon butter fresh-grilled chicken is back for Lunch Bunch in June!

Fresh chicken thighs and breast meat, marinated overnight in melted butter and lemon juice, then grilled to perfection right on the lawn of People Plus will be our featured lunch on June 24. Lunch will also include a fresh, lightly-dressed green garden salad, and strawberry shortcake with Jane's homemade biscuits, and to mark National Iced Tea Month, we'll enjoy a pot full of refreshing iced tea. This delicious meal will be enjoyed outside with good friends. Members only, and registration is required – call now to reserve your seat!

## Center Clubs: FREE to members

To connect with our clubs, contact the Center at 729-0757 or [reception@peopleplusmaine.org](mailto:reception@peopleplusmaine.org)

### Apple Club

**Thu, June 15, 1:30 pm** Have questions about your Apple device (iphone, ipad)? Find answers at this monthly club. Members only, registration required.

### Outing Club

**Wednesdays, 12:45 pm.** Meet for a hike each week, locally or offsite location. Members only.

### Easy Riders Biking Club

**Tuesdays at 12:30.** Meet for a bike ride each week, locally or offsite location. Members only.

### World Affairs

**Fridays, 11 am.** Meet to discuss topics of the week. Space is limited. Members only, registration required.

### Clubs via Zoom

Members only, contact the Center for Zoom link.

### Write on Writers

**Wednesdays, 2 pm.** Meet to share stories and writings. Registration required

### Cantina Espanol

**1st Tuesday, 3 pm.** Spanish language club meets to chat in Spanish.

### Kaffeestunde!

**2nd Tuesday, 3 pm.** German language club meets to chat in German.

### Cafe en Francais

**4th Tuesday, 3 pm.** French language club meets to chat in French.

## Calling all game players!

Play Bridge, Cribbage and Mah-Jongg at the Center. Members only. Call to register so players know what day you will come. FMI check calendar at [www.peopleplusmaine.org](http://www.peopleplusmaine.org).

### Cribbage High Scores 5/19:

1. Rollande Fortin - she had a rare perfect game which brought a lot of excitement to the players!
2. George Tetu
3. George Hardin

*And this was after comments over the last two weeks that players were a little rusty - guess they aren't anymore!*

## Art with Connie Bailey

**Tuesdays and Thursdays, 9:30 -11:30 am.** Please bring #2 pencil and sketch Pad. Class size is limited. Members only, registration required, payment via punch card (\$5/class).

## Good Eats – Good Friends!

(We'll be OUTSIDE so dress for the weather!)

### Women's "Tailgate Tea"

**Thu, June 3, 1:30 pm.** Enjoy tea and a treat while socializing with the ladies. Members only, registration required.

### Men's "Tailgate Coffee"

**Thu, June 10, 1:30 pm.** Enjoy coffee and treats while socializing with the gents. Members only, registration required.

### Lunch Bunch "On Us"

**Thu, June 24, 12 noon.** Join us for lunch on us. We'll have lunch, drinks and dessert served up at noon at the Center. Members only, registration required. Don't miss it!

**Register for activities @729-0757**

## Calling all Volunteers – We want YOU!

Looking for lunch crew volunteers. Contact 729-0757 if you are interested in joining our fantastic team!

## Exercise classes at the Center

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Gentle Barre and Zumba. Registration required, payment via punch card (\$5/class, Zoom free). Members only. See class schedule on [www.peopleplusmaine.org](http://www.peopleplusmaine.org).



**WHO DOESN'T ENJOY A RESTORATIVE, STRENGTH BUILDING AND CALMING YOGA CLASS** held in the dappled sunlight under the shade trees at the People Plus Center? With Ann Kimmage's soothing voice to lead them through their movements, the Tuesday yoga participants enjoy not only camaraderie and social interaction but they also leave feeling rejuvenated and ready to take on the day!

## Hit the links for a good cause

Please consider joining Spectrum Generations on Friday, June 25, for its annual Golf Fore a Cause fundraiser benefiting its programs and services.

For the fourth year in a row, the tournament will be held at the Brunswick Golf Club. It offers many sponsorship opportunities to promote your business, while helping to end hunger in Central and Midcoast Maine, and support additional services provided to older

and disabled adults.

Each year, Spectrum Generations raises funds in order to address the needs of people they help. Now you can help by swinging away at this year's Golf Fore a Cause fundraiser, which also benefits Meals on Wheels.

For more information, to register a team, or to be an event sponsor, contact Sarah Brown at [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org) or call (207) 620-1677. Thank you!



## Balance to Live better



### Yes You CAN Ride a Bike Again!

When we have **Balance** in our lives, we **Live better**.

Not just physical balance, that protects us from falling, but a wholehearted balance of well-being: nutritional, emotional & spiritual balance. At The McLellan our 2021 resolutions are to **Live better by Living BIGGER!** Our personal trainer is giving bike riding lessons this spring on our NEW 3 wheel & tandem bicycles! Come Live Bigger with us. Come get on a bike again, come find YOUR Life Balance.

The McLellan

*Live better.*

Call today for availability & a tour!

207-725-6200 | [info@themclellan.com](mailto:info@themclellan.com)

[Themclellan.com](http://Themclellan.com) | 26 Cumberland St. Brunswick, ME

BATH-BRUNSWICK

## RESPIRE CARE



ADULT DAY SERVICES FOR THE MIDCOAST AREA

The "Club" provides a warm, intimate environment, safely encouraging interaction between participants that enhances mental acuity, congeniality, safety and comfort.

Now Open! Convenient Bath location. [www.respite-care.org](http://www.respite-care.org). (207)-729-8571



Mon	Tue	Wed	Thu	Fri
<b>Business Hours</b> <b>Monday-Thursday:</b> 8:30 am to 4 pm <b>Friday:</b> 8:30 am to 1 pm FMI 729-0757	<b>1</b> 9:00 Chair Yoga 9:30 Beg/Inter Bridge 9:30 Art with Connie Bailey 10:30 Table Tennis 11:00 Yoga 12:30pm Easy Riders Club 3:00pm Spanish Club: Zoom	<b>2</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	<b>3</b> 9:00 Table Tennis 9:30 Beg/Inter Bridge 9:30 Art with Connie Bailey 11:00 Yoga 1:30pm Women's Tailgate Tea Outside	<b>4</b> 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs 11:45 Chair Yoga
<b>7</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis	<b>8</b> 9:00 Chair Yoga 9:30 Beg/Inter Bridge 9:30 Art with Connie Bailey 10:30 Table Tennis 11:00 Yoga 11:30 Lunch Out 12:30pm Easy Riders Club 3:00pm German Club: Zoom	<b>9</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	<b>10</b> 9:00 Table Tennis 9:30 Beg/Inter Bridge 9:30 Art with Connie Bailey 11:00 Yoga 1:30pm Men's Tailgate Coffee Outside	<b>11</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs 11:45 Chair Yoga
<b>14</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis 6:00pm Civil War Book Club	<b>15</b> 9:00 Chair Yoga 9:30 Beg/Inter Bridge 9:30 Art with Connie Bailey 9:45 Frank's Field Trip 10:30 Table Tennis 11:00 Yoga 12:30pm Easy Riders Club 1:30 Apple Club	<b>16</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	<b>17</b> 9:00 Table Tennis 9:30 Beg/Inter Bridge 9:30 Art with Connie Bailey 11:00 Yoga	<b>18</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs 11:45 Chair Yoga
<b>21</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis	<b>22</b> 9:00 Chair Yoga 9:30 Beg/Inter Bridge 9:30 Art with Connie Bailey 10:30 Table Tennis 11:00 Yoga 12:30pm Easy Riders Club 3:00pm French Club: Zoom	<b>23</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	<b>24</b> 9:00 Table Tennis 9:30 Beg/Inter Bridge 9:30 Art with Connie Bailey 11:00 Yoga 12:00pm Lunch Bunch On Us Outside	<b>25</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Qigong 11:00 World Affairs 11:45 Chair Yoga
<b>28</b> 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Zumba 12:00pm Bridge 1:00pm Table Tennis	<b>29</b> 9:00 Chair Yoga 9:30 Beg/Inter Bridge 9:30 Art with Connie Bailey 10:30 Table Tennis 11:00 Yoga 12:30pm Easy Riders Club	<b>30</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	<h2 style="text-align: center;">Programming Notes:</h2> <ul style="list-style-type: none"> <li>• Chair Yoga – We've added an additional class on Fridays at 11:45 am. Call to register.</li> <li>• Haircuts will resume at the Center on Friday, July 9.</li> </ul>	

Reception Room  
Personalized Catering  
Spacious Chapel  
Private Family Room  
"Help Yourself" Kitchen

## Stetson's

Funeral Home

12 Federal St. Brunswick, Maine 04011  
www.stetsonsfuneralhome.com  
207.725.4341  
apurinton@gwi.net

Anthony B. Purinton • Funeral Director






**BRUNSWICK AREA  
STUDENT AID FUND**  
BOWDOIN • BOWDOINHAM •  
BRUNSWICK • HARPSWELL • TOPSHAM

*Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.*

**Help us make a difference in a student's life!**

**Visit [www.studentaidfund.org](http://www.studentaidfund.org)**  
Donations may be sent to:



**BRUNSWICK AREA  
STUDENT AID FUND**  
P.O. Box 867, Brunswick, ME 04011

“Still here for you!”

# chicks DO chores

(AND SOMETIMES CHUCK)

So you don't have to!


WE'LL TACKLE YOUR TO-DO LIST!

- ★ ATTICS • BASEMENTS • PECKS • FENCES • GARAGES • GARDENS • OFFICES • YARDS ETC.
- ★ CLEAN • CLEAR-OUT • FILE • DUMPSTNS • LABEL • MOW • MULCH • PAINT • RAKE • SPLIT/STACK WOOD • TRIM • WEED ETC.
- ★ RUN ERRANDS FOR YOU or WITH YOU!

MARY ELLEN ROSENBERG - OWNER

CALL OR EMAIL FOR ESTIMATES OR SCHEDULING -  
CDC4U@COMCAST.NET

## 207-729-5760



**www.chicksdochores.com**

\*Fully Insured  
\*Bonded  
\*LLC



### Fundraisers Finish continued from page 1

life agrees with me and allows me to focus on experiences rather than stuff.”

Carl and Lisa will be spending the summer in Wells and traveling around the Northeast with the camper and the toys.

“I have always admired the wood kayaks I’ve seen in my travels. But possessing none of the required skills, building one was never an option for me,” he said. “So, winning these beautiful paddle craft was a thrill as well as a shock (I’ve never won anything before). Thanks so much to you all, and to David and Margo for the generous donation they made to your organization.”

“People Plus has been running a monthly raffle most of the year trying to make up the difference from being unable to hold Music in April in 2020. Our total raffle income exceeds \$20,000, so if you add that to the Music in April auction and sponsor income, we are thrilled and relieved to have brought in approximately \$62,400! That’s about as well as we ever could have dreamed when this whole pandemic began,” said Frizzle-Edgerton. “It’s been a rough year and our community has rallied time and time again to participate in our fun and interesting raffles and auctions.”

### MUSIC IN APRIL

The 19th annual Music in April auction, run online for the very first time, was a huge success in April! People Plus was thrilled to announce that just over \$42,400 was raised through sponsorships and bidding on hundreds of donated items. Not too bad for being unable to host our regular in-person gala.

A special thank you goes out to all the individuals, members, and businesses who provided valuable auction items, offered to host events at their homes, gave us their show tickets, created special tours and just plain went all out for the Center — in the name of partnership!

“The folks that donate to our auction are probably the most generous around because many of them turn around and also buy items from the auction as well,” said Frizzle-Edgerton. “In fact the gentleman that donated two sets of Red Sox tickets actually purchased one of them back again and donated it to another organization for their auction as well! Talk about philanthropic outreach!”

### SCOOP-A-THON

The 13th annual Teen Center Scoop-a-Thon, held May 10-13 at Gelato Fiasco in Brunswick, raised over \$1,000 in donation and raffle cans. In addition, \$1,013 was brought in through sales, with Gelato Fiasco donating \$1 from every pint or dish sold during the four-day event.

The staff at Gelato Fiasco even created a special flavor — bubblegum — for the affair. And Jim Bleikamp of radio WCME was there doing interviews one day and many of the Center’s teens even sat down to talk with him.

Jordan Cardone, Teen Center Coordinator, recalled one surprise happening during the Scoop-a-Thon. “There were some especially nice ‘feel good’ moments during the week. On Monday night, when closing up outside of Gelato Fiasco, I went to empty our donations can and there were five \$100 dollar bills in it!” Wow, thank you!

Thank you to the Edward Jones Topsham office for being our lead sponsor for the event, bringing the grand total to \$2,500!

“I can’t believe that over 1,000 pints and dishes were sold! The community has once again proven that not only does it love gelato, it loves coming together to help feed the teens all year! I just wish we could get that bubblegum flavor all year as well,” said Frizzle-Edgerton, as she slurped down her strawberry balsamic gelato during the fundraising event.

# BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

## Scooping Success!



### Books A La Carte

Our latest book recommendations:

#### FICTION

**Moo** by Jane Smiley. What a title! It probably attracted some people while putting off others. Moo refers to Moo U, a nickname for a Midwestern university specializing in agricultural studies. The book is a low-key dry comedy about the interactions among the faculty, students, staff, and benefactors of the university.

Rosamunde Pilcher, the famous writer of romance novels, is probably best known

for **The Shell Seekers, September, Coming Home, and Winter Solstice.**

Fans might be interested in her other works. She wrote a total of 14 novels and several volumes of short stories under her Pilcher name. Early in her career, she penned 10 novels under the name Jane Frazer.

#### MYSTERY

**The Plague Court Murders** by John Dickson Carr, written in 1934, is a classic from the golden age of mystery writing. Plague Court is an old, neglected estate once owned many years ago by

Louis Playge, a hangman’s assistant. The estate is haunted by Playge’s ghost. A new owner hires an exorcist to get rid of the ghost. The exorcist is found murdered in a locked stone hut. Amateur detective Sir Henry Merrivale is brought in to solve this “locked room” mystery.

**Henrietta Who?** by Catherine Aird. Another interesting title. A woman is killed by a hit and run driver in a small village in England. An autopsy reveals that she

never had children. Then who is Henrietta, the young woman she raised as her daughter? Who killed the woman and why? Who was the father? Lots of mysteries to solve by Inspector Sloan and Constable Crosby in this police procedural.

ATTENTION READERS: If you have enjoyed a book of any genre which you could recommend to others, please send the title, author, and a brief summary of the contents of the book to news@peopleplusmaine.org.

Investments designed with you in mind

**BATH SAVINGS TRUST COMPANY**

1-866-670-7517 [bathsavings.com](http://bathsavings.com)

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

## High-quality surgical care you can trust.

Mid Coast Hospital’s team of nationally recognized surgeons provides excellence in surgical care when you need it most.

**Offering:**

- General surgery including hernia, gallbladder, appendix, colon, hemorrhoid, and acid reflux surgery
- Cancer surgery
- Minimally invasive surgery
- 24/7 emergency coverage
- Endoscopy and colonoscopy
- Removal of skin cancers and lesions

Call your primary care provider to discuss the best treatment option for you.

**MID COAST HOSPITAL**

121 MEDICAL CENTER DRIVE, BRUNSWICK  
[WWW.MIDCOASTHEALTH.COM/SURGERY](http://WWW.MIDCOASTHEALTH.COM/SURGERY)

Ira Anderson Bird, MD

Margaret Hamilton, NP

Stemple D. Johnson, MD

Michael J. Mason, MD, FACS

Brady C. Mullin, MD, FACS





**A STAPLE OF OUR COMMUNITY OUTREACH** classes for health programming, the Balance and Falls clinic with Reform Physical Therapy runs quarterly at the People Plus Center and is free and open to the public. Dr. Christina Levesque, PT, DPT, (pictured left) of Reform PT, teaches class participants what balance means, how to prevent a fall, and how to properly handle a fall if one occurs. She also discusses the many benefits of physical therapy in preventing falls.

**IT JUST WOULDN'T BE SPRING AT THE PEOPLE PLUS CENTER** without Frank Connors (below) hopping on a little ladder to take down the falling ice signs! Hovering precariously above his wife Jane's freshly planted pansies, Connors is still the Center's favorite handyman!



**Senior Health Expo 2021!**  
**October 7th at the Brunswick Rec Center.**  
 We can't wait to be back! Mark your calendars, clear your schedules, cancel your trips and call your friends, because **the People Plus Senior Health Expo is BACK!!**

## It's time to Get Active!

Summer is here, and many of the restrictions and limitations linked to the COVID-19 pandemic have been lifted. It's time to be outside enjoying the natural wonders of our beautiful state. It's time to **GET ACTIVE** and **STAY HEALTHY!**

Most of the Brunswick-Topsham Land Trust's 20 miles of trails and its preserves are open to the public and free every day. The trust serves the communities of Brunswick, Topsham, and Bowdoin, and partners with diverse projects in and around the southern



Midcoast Maine region.

Be sure to check BTLT's website (btl.org) and social media to be alerted of any changes and potential trail closures.

There are also numerous varied and interesting places to walk, picnic, play and enjoy the scenery in Harpswell. Trails and preserves are open in Harpswell, according to the Harpswell Heritage Land Trust.

Go online to [hhlmaine.org](http://hhlmaine.org) for guidelines and instructions to keep everyone safe.

**Pick up your Activity Punch Cards at the Center!**  
 Safe & convenient. FMI 729-0757 or stop by the Center! \$25 for 5 punch, \$50 for 11 punch (that's 1 free!).

## Pay attention to the ticks!

We all enjoy being outdoors in the nice weather and taking in Maine's beauty. But there's these little creatures we should be aware of, so that it won't spoil the fun. They are **TICKS**.

While ticks shouldn't keep us from going outside, there are some helpful tips we'd like to share. They come from LymeTV, a volunteer-based nonprofit organization dedicated to educating the global community about Lyme disease and other dangerous tick-borne infectious diseases.

Here are simple ways that can reduce your risk of dangerous tick bites:

- Wear bug repellent daily.
- Treat your clothing, or purchase clothing treated, in permethrin (an insecticide).
- Avoid areas of high grass, bush, and trees.
- If this is not possible, wear protective clothing.
- Protective clothing means: socks over pants, long sleeves and long pants, and lightly colored clothing to be able to see bugs crawling on yourself more easily. You can also wear permethrin-treated mesh clothing between your skin and regular clothes, to give yourself an additional layer of protection from a tick attaching.
- Daily tick checks are vital, especially in

tick endemic areas. Remember, ticks are everywhere and you do not need deer to have Lyme disease. Mice and other rodents are the original hosts of the bacteria which causes Lyme disease. You can be in a non-rural area and still get Lyme disease. Getting into the habit of daily tick checks is a great way to ensure that you are reducing your risk of these diseases, no matter your setting.

— Do not forget to do daily tick checks on your pets. Pets can carry ticks into your home from outside, or even from your local veterinarian's office. Pets can bring ticks into your home

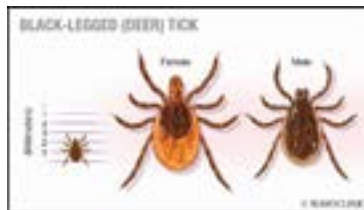
and into your bed, leaving you susceptible to a tick bite.

— Once you get home, strip off all of your clothing and inspect all of your gear. Putting clothes in the dryer on high for at least 15 minutes will kill any ticks that may have hitched a ride.

— Shower right away and do your tick check at that time. Also repeat the tick check before going to bed.

— If you find a tick attached, remove it properly and save it with the date found, or send it off immediately to be tested for disease.

For more information, go to [lymetv.org](http://lymetv.org).



*Funeral Alternatives is a locally-owned and operated family business.*



**Maine's Cremation Authority**  
**Simple cremation \$1425.00 Complete**

**46 Bath Rd, Brunswick • 406-4028 • [www.funeralalternatives.net](http://www.funeralalternatives.net)**



# BEING on BOARD

*Editor's note: There are countless factors that play into the success of People Plus. There are the volunteers, the instructors, the generosity of individuals, groups, communities, and businesses, and there are the members themselves. Another key component of the Center is our board of trustees, who devote a great deal of time and attention to help make all this possible. "Being on Board" is a question-and-answer opportunity to get to know these wonderful people a little bit more and we thank them for participating.*

**Q. Your name, please?**

A. Jim Burbine

**Q. The community where you live?**

A. My wife, Jean, and I and our two boys (golden retrievers) live in Harpswell.

**Q. Professional occupation?**

A. I delivered newspapers for my entire career. As Vice President of Distribution, I enjoyed many years of working closely with and managing the distribution for The New York Times and Boston Globe. I hung up my newspaper bag in 2019, Jean retired from nursing, and we moved full-time to Harpswell in 2019.

**Q. How many years on the People Plus board and positions you have served in?**

A. I joined the People Plus board in 2020 in the middle of the pandemic; a challenging time for People Plus. It was amazing to see how the organization came together to continue to provide the same level of service and assistance to the community that they serve.

I am a member of the Programming, Development and Governance committees, where I have enjoyed getting to know my hard-working colleagues and the great level of support that they provide to People Plus. Additionally, I enjoy being a driver for the Volunteer Transportation Network for People Plus. It is a very rewarding experience, and I've gotten to meet some great folks while assisting them with rides to their various appointments.

**Q. Please tell us a little about yourself (i.e., growing up years, things you like to do in your spare time, etc.)?**

A. I was born and raised in Massachusetts. Being the middle of five and my wife, one of ten, family and gatherings have always been



important and plentiful. Jean and I enjoy spending time with daughters Jacqueline and Kelley, our son-in-law John, and seven-month-old grandson, Oliver.

I also enjoy contributing as a steward for the Harpswell Heritage Land Trust. In my spare time, I enjoy exploring Harpswell and surrounding coastal communities, digging clams, picking crabs, and playing the piano.

**Q. Your view of People Plus and why you believe it's so important to serve on the board?**

A. I am proud to be a board member for People Plus. Its mission, providing for both older adults and teens for the greater Brunswick area, is so admirable and necessary. I am proud to be associated with such a tremendous organization.



**SUE HOWARD (RIGHT), TOPSHAM RESIDENT** and wife of Jim Howard, CEO of Priority Real Estate Group, brought her friend Cheryl Ramsay (left), Development Director for the Dempsey Cancer Center, to deliver 250 fabulous water bottles to the People Plus Center last month! 100 of the bottles were donated to the Brunswick High School Class of 2021 for their carnival event, and the remaining bottles were distributed to Meals on Wheels recipients, teens up on the second floor and seniors coming to the Center for activities. They are really great bottles and we are really appreciative to both Cheryl and Patrick Dempsey!



**APPLE CLUB MET IN PERSON** for the first time since March 2020 last month at the Center. And it got so hot sitting under the sun that they had to move into the shade for the duration of the class. This is a free program focused on Apple devices that's offered through People Plus on the third Tuesday of every month at 1:30. Registration required.

## "CLYNK" is solid fundraiser, one nickel at a time

Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. The "CLYNK" returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those "under the radar things we do," that benefits both the Center and our community.

Green "CLYNK" bags, pre-barcoded with the Center's unit numbers, are always available at our information desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits. Thank you for recycling, and thank you for supporting your Center – thus far we've redeemed over \$3,000!

## Membership Benefits

The following businesses offer discounts for People Plus members.

- Arby's**, 10% off, excluding combo/coupon, Topsham Fair Mall, Topsham, 729-8244 [www.arbys.com](http://www.arbys.com)
- Attorney N. Seth Levy**, Discounted legal services/documents: wills, living wills and estates 14 Maine St, Brunswick, 319-4431 [www.sethlevylaw.com](http://www.sethlevylaw.com)
- Augat Chiropractic**, Free consultation and cursory exam, 9 Pleasant St, Brunswick, 725-7177
- Autometrics**, 10% off labor, 21 Bath Road, Brunswick, 729-0842
- Berrie's Hearing and Optical Center**, 10% off a complete set of eye-wear, up to \$500 off costs of hearing aids, 86 Maine St, Brunswick 725-5111 [www.berrieopticians.com](http://www.berrieopticians.com)
- Big Top Deli**, 10% off, 70 Maine St, Brunswick, 721-8900, [www.bigtopdeli.com](http://www.bigtopdeli.com)
- Bill Dodge Auto Group**, 10% off parts/service 118 Pleasant St, Brunswick, 729-6653

- Carpe Diem Tech Support**, John Fischer, Help with PC & Mac. \$25/hour for members (that's 1/2 off regular price), [www.carpediem-me.net](http://www.carpediem-me.net), 522-1238 or [john@carpediem-me.net](mailto:john@carpediem-me.net)
- Eveningstar Cinema**, Discount bag of popcorn at evening shows, (\$1 sml, \$1.50 medium), 149 Maine St, Brunswick, 729-5486 [www.eveningstarcinema.com](http://www.eveningstarcinema.com)
- Hearts & Hands Reiki**, 10% discount on first appointment. Mon-Fri, 10-6. 751-5339 or [mspruce@live.com](mailto:mspruce@live.com)
- Fairground Café**, 10% off, anytime Topsham Fair Mall, Topsham, 729-5366
- J&J Cleaners**, 10% off pickups: Wednesdays (customers over 55) Maine Street, Brunswick, 729-0176
- Lee's Tire & Service**, 10% off parts (not tires) 35 Gurnet Road, Brunswick, 729-4131 27 Monument Place, Topsham, 729-1676
- Maine Optometry**, \$30 off complete glasses 82 Maine St, Brunswick, 729-8474 [www.maineoptometry.com](http://www.maineoptometry.com)
- Maine State Music Theatre**, Senior discount (60+) on matinee tickets 22 Elm Street, Brunswick, 725-8769 [www.msmt.org](http://www.msmt.org)
- Massage on Maine**, First visit \$60 always \$10 off for seniors 56 Maine St, Brunswick, 504-6913 <http://massageonmaine.com/>
- Pauline's Bloomers**, 10% off, anytime (within normal delivery range) 153 Park Row, Brunswick, 725-5952 [www.paulinesbloomers.com](http://www.paulinesbloomers.com)
- Reflections (Salon)**, 10% off, Mon and Fri 12 Center St, Brunswick, 729-8028, [www.reflectionsbylucie.com](http://www.reflectionsbylucie.com)
- Thomas Point Beach**, \$1 weekday admission 29 Meadow Road, Brunswick, 725-6009 [www.thomaspointbeach.com](http://www.thomaspointbeach.com)
- Tire Warehouse**, 20% off labor Topsham Fair Mall, Topsham, 725-7020 [www.tirewarehouse.net](http://www.tirewarehouse.net)
- Wilbur's of Maine**, 10% off, anytime 43 Maine St, Brunswick, 729-4462
- Wild Oats Bakery & Cafe**, 10% off on Mon 166 Admiral Fitch Ave, Brunswick, 725-6287 [wildoatsbakery.com](http://wildoatsbakery.com)
- Yankee Ford**, 10% off invoice, parts & service 262 Bath Road, Brunswick, 725-1228

Senior Companion and Personal Care Services  
1 to 24 hours  
Yarmouth, Freeport, Cumberland, Falmouth  
729-0991



**AGING EXCELLENCE**  
**NOW HIRING**  
Brunswick to Portland \$16-\$18/hr  
Free Yoga, Free Massage!

**People Plus** PEOPLE PLUS MEMBERSHIP APPLICATION Date \_\_\_\_\_  
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • [www.peopleplusmaine.org](http://www.peopleplusmaine.org)

Name (1) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

Name (2) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus)

**Yearly Membership Dues (Scholarships Available)**  
Brunswick (\_\_\_ New Member \_\_\_ Renewal):  \$30 per person  
Other towns (\_\_\_ New Member \_\_\_ Renewal):  \$35 per person  
 \$300 for **Lifetime Membership** (65 or over)

Membership Dues: \$ \_\_\_\_\_  
Additional Donation\*: \$ \_\_\_\_\_  
(\*donations above membership dues are tax deductible)  
Total \$ \_\_\_\_\_

OFFICE USE:  Accounting  Data  Membership Card Sent

**Become a "Friend of People Plus" with an additional gift of \$25 or more!**





co-located at People Plus  
35 Union Street, Suite 1  
Brunswick, ME  
207-729-0475

[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

Central Maine Area Agency on Aging  
Southern Midcoast Aging and Disability Resource Center

# Monthly Update

June 2021



**WORLD ELDER ABUSE AWARENESS DAY**  
Building Strong Support for Elders




June 15th

**WHAT IS ELDER ABUSE?**

Elder abuse refers to intentional or negligent acts by a "trusted" individual that causes (or potentially causes) harm to an older person.

**WHY DOES ELDER ABUSE OCCUR?**

Elder abuse is more common than we think. Many conditions can increase the risk of elder abuse in our communities such as missing or weak elder abuse awareness, trainings and social support services. By strengthening these activities, we can prevent elder abuse and make sure all of us have the opportunity to thrive as we age.

**WHAT SHOULD WE DO IF WE SUSPECT ELDER ABUSE?**

**Report concerns.**

Reporting elder abuse can be intimidating, but it is the right thing to do. It is everyone's responsibility to prevent and address elder abuse. In cases of immediate danger, call 911. Otherwise, you can call Eldercare Locator at **1-800-677-1116** to be connected to a local reporting agency.

For more information on agencies that can help, visit <https://ncea.acl.gov> and click on Get Help or call **1-855-500-3537** (ELDR).

**PLAN!**

Talk with trusted family members, friends, and professionals to plan for the future.

**INFORM EACH OTHER!**

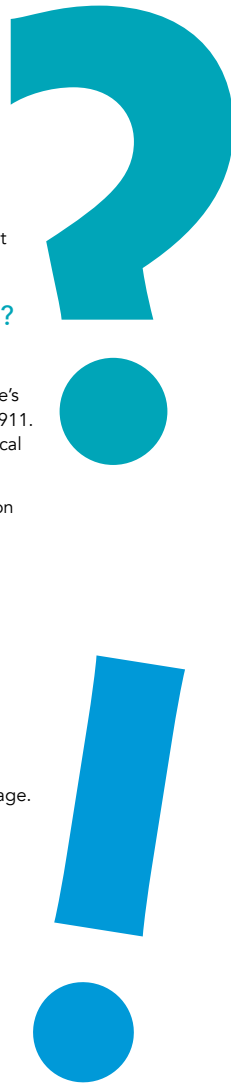
Speak up about the supports and awareness needed to protect us from abuse as we age.

**STAY CONNECTED!**

Keep in touch with others regularly; isolation can increase the risk of abuse.

**REPORT!**

Making a report in instances of abuse or neglect is the right thing to do, and it's easy. Don't be afraid! We all have the right to feel safe!







*Let us cater your next event!*

Have you heard of Spectrum Generations' *Cohen on the Meadows?*

The Cohen Community Center, in Hallowell, and the Muskie Community Center, in Waterville, both have commercial kitchens with chefs available to cater your event.



Here is what Cohen on the Meadows has to offer:

-  Cater events such as baby showers, weddings, class reunions, funerals, family gatherings, and more.
-  We can come to your desired location.
-  If you need a space to hold your event both the Muskie Community Center and the Cohen Community Center have wonderful spaces that you can rent.
-  Our chefs are creative and will create a menu specific for your event and within your desired price range.

Did you know, when you use Cohen on the Meadows catering service you are also contributing to our Meals on Wheels Program. The proceeds from our catering events help supplement our Meals on Wheels budget.

Next time you are hosting an event call Chef Jurgen at the Cohen Community Center (626-7777) or Chef Gary at the Muskie Community Center (873-4745). Let us cater your event with delicious food and help a great cause at the same time.



**ARE YOU READY TO TEE OFF?**

June 25

For more information, or if you would like to golf in our tournament, please email [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org) or 620.1677.



*Improving health & wellness*  
**in communities across Maine**

In April, we asked our members – what was most valuable thing you took away from your Healthy Living for ME workshop?

*Refocusing on ways to manage pain. [The diabetes prevention class helped me learn skills for] self-advocacy."*

*"There were many valuable things in this program but the most valuable for me was the Action Plan as a tool. It was the key to utilizing the 'content' by focusing on achieving a specific goal I chose, evaluating how realistic it was for me, acting on it and holding myself accountable-always looking for the positive. Striving to reach a goal feels much better than spinning my wheels overwhelmed by the sheer number of possible goals!"*

New workshops start every week – contact us today for more information and to register!

**1.800.620.6036 | [info@healthylivingforme.org](mailto:info@healthylivingforme.org) | [facebook.com/HLforME](https://facebook.com/HLforME)**  
[healthylivingforme.org](http://healthylivingforme.org)



*Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.*

*Proud to partner with People Plus*



Brunswick Area Teen Center

# Feeling grateful for a wonderful spring at the Teen Center



**ENJOYING THEIR GELATO AND ALWAYS READY TO STRIKE A POSE**, the kids from the Teen Center program are so grateful to everyone in the community who comes out to help support and feed them all year through this fundraiser. Over 1,000 pints and dishes of gelato were served toward the cause! That's a whole lotta smiles!!

May went by soooo quickly and in a flurry of activity! As the People Plus auction items were handed out to the various winners, we hung up the Teen photo show in the Café area and then headed right into finalizing the details of the Scoop-a-Thon.

The Scoop-a-Thon was revamped this year due to COVID-19 and was spread out over four days, May 10—13, and \$1 of every gelato purchase went to the Teen program! We had different Board and Teen Advisory Committee members there from 2-8 p.m. selling raffle tickets and greeting people. We did not get to see hundreds of people all at once, but we saw a lot of people over the four days which felt good after our long year of forced hibernation!

Gelato ended up selling 1,013 gelatos during the four days, generating \$1,013 for the Teen Center program! We can't thank them enough for braving this while still serving outside only!

Our 50/50 raffle brought in \$180 and the winner, Sue Sargent, donated her \$90 winnings back! We had one sponsor this year,

Edward Jones of Topsham for \$400, and our little donation can on our table while we sat at Gelato generated \$925 in donations, including five \$100 dollar bills someone put in! Thank you out there whoever you are and thank you everyone who came by for gelato, who helped out with the event, who donated and special thanks to The Gelato Fiasco!

We did two walking trips to The Gelato Fiasco with the teens during the week which they look forward to every year and many of them spent some time talking with Jim Bleikamp of Midcoast Radio WCME while he was there. During our second trip to the Scoop-a-Thon, one of our People Plus board members, Jim Burbine, treated all nine of our teens that day to gelato! Thank you, Jim!

It was a great week and a fun week!

And now comes June! Kids aged 12 and up are now able to get vaccinated and the Brunswick School System has set up clinics to make it very easy to do. Someday we will be able to ditch our masks inside and the kids will be climbing all over each other again and, yes, dodgeball in the Hall, the number 1 favorite activity among many of our members, has a chance of being started

## Teen Center News



Jordan Cardone

up again in the future.

School will end this month, which will bring great relief to students, parents and school and transportation personnel everywhere! Many of us will never know what it has been like trying to navigate this past school year, but we know it has been far from easy and my admiration and congratulations goes out to all! I think there should be fireworks in town to celebrate this feat!

We don't know what the Teen Center holds in store for summer yet, but the kids who attended last summer loved our "lunch out" downtown trips, still talk about it and are hoping we will be doing that again this summer which I think we can and we're all looking forward to.

Wishing you all a happy June!  
Jordan and the gang

## Please help feed our teens!

Local real estate developer Jim Howard has issued once again a \$5,000 "match" challenge to help "Feed the Teens!" at the Brunswick Area Teen Center program at People Plus.

The response, so far, has been fantastic, with business sponsors and individual donations bringing in a total of \$14,000. The goal is \$30,000 to feed our teens all year, and the match runs through June.

This is the 10th consecutive year that Howard, CEO of the Topsham-based Priority Real Estate Group, has put forth the match challenge — encouraging others to join him in raising funds for the Teen Center.

"Jim Howard has been a great supporter of the Teen Center program for years and has come by the Center to spend time with the kids. While there, he shared some his personal experiences as a teen and the struggles he endured and overcame," said Jordan Cardone,

Teen Center Coordinator. "Jim's match helps to generate much needed funds. Thank you, Jim!"

The funds raised will go toward feeding all those hungry teenagers, a key part of their program at the Union Street facility, where snacks, drinks and a full meal (dinner) is served every day to the kids, amongst the many other services provided.

The Teen Center celebrates its 16th anniversary this summer and is looking forward to seeing loads of kids at the Center now that many of the pandemic restrictions are being lifted.

If you would like to make a donation toward the \$30,000 goal, please go online to [people-plusmaine.org](http://people-plusmaine.org) or send a check to PO Box 766, Brunswick, ME 04011. Thank you for your support!

## Nonprofit gives 2 teens "the keys"

The Atlantic Charitable Fund, a small nonprofit out of Beaufort, South Carolina, surprised People Plus with a \$1,000 scholarship in January 2020 to benefit the Brunswick Area Teen Center program.

Called the "Atta boy/Atta girl" gift, this scholarship opportunity is being offered to fund a driver's ed program for an eligible teen in the greater Brunswick area. With a sticker price of \$500, many kids find taking the driver's ed class to be cost prohibitive. And the Atlantic Charitable Fund wanted to show its support of our hard-working youth.

With a special interest in homelessness, preventing substance abuse, and domestic violence, ACF hopes that by providing the

funding for teens to take driver's ed, it will help them further their advancement for job attainment, and increase their ability to further their education.

Due to the COVID-19 pandemic, the scholarship was not usable until this spring. At which time two applicants were selected from Brunswick High School for the award.

"We were thrilled to be included in their scholarship opportunity," said Stacy Frizzle-Edgerton, People Plus Executive Director. "It has completely changed the lives of two teenage girls, who needed just a little boost toward getting their driver's license."

Someone you care for needs Assisted Living or Memory Care.

Make the best decision.

Now more than ever, families are turning to Northbridge Communities in Brunswick, as the safest choice for Senior Living and Memory Care.

Call our helpful advisors:

**Sunnybrook**  
A Northbridge Senior Living Community

207.443.9100

**Avita** of Brunswick  
— A Northbridge Memory Care Community —

207.729.6222

Two Northbridge communities conveniently located in Brunswick, ME

Sunnybrook: 340 Bath Road | [sunnybrookvillage.com](http://sunnybrookvillage.com)

Avita: 89 Admiral Fitch Avenue | [avitaofbrunswick.com](http://avitaofbrunswick.com)





# Pedal2Page ... a perfect platform for writing and biking

This isn't the only writing gig I have going on these days. In last month's column, I mentioned being busy with various things, one of which included my cycling blog. Some people expressed an interest in knowing more about it, so today I'm "pedaling" Pedal2Page.

The blog involves weekly postings — every Friday — and I've been doing it for nearly two and a half years now. I must give a lot of credit to my daughter, Sophie, who came up with the name and helped me create the blog site. I couldn't have accomplished much without her assistance.

I was a journalist for 44 years, working at various newspapers; the last 16 at The Times Record in Brunswick. Most of my career involved being an editor — designing and laying out front pages, etc. — so I didn't have the opportunity to write very often. I started out as a sports writer at my first job at a daily newspaper at The Evening News in Sault Ste. Marie, Michigan.

So the blog is perfect. It allows me to write and the content is something I'm passionate about — riding a bicycle. Topics are wide-ranging, with many conceived while actually spinning my wheels; a period of

time when I do my best thinking.

Three of my blog postings were expanded upon and published in the Maine Cyclist, a magazine put out by the Bicycle Coalition of Maine. These recalled cycling memories of my youth (see below), my personal Tour de France, and a humorous look at preventing saddle sores.

I have also written about:  
— A fat biking event at Neptune Woods, on the former Brunswick Naval Air Station.  
— Taking a vacation without any of my bikes.

— Meeting and going for a ride with Lance Armstrong, the dethroned former seven-time Tour de France champion.

— Contacting the president of Trek Bicycles, and offering my services as an "influencer" on social media. My idea didn't go anywhere, but he did get in touch with me.

— Promoting state legislation for an expanded rail trail here in Maine that would connect an existing system in Gardiner to the Androscoggin path in Topsham. It received more than 800 views.

— And the passing away of my Mom — not everything has to be about bikes!

Here's the posting that appeared in Maine Cyclist:

### Memories of my youth

*I finally have a job, albeit part-time, that's located close enough for the opportunity to commute on my bicycle. For me, this is a big deal.*

*While doing my best to lessen the impact on our planet Earth's precious resources — recycling trash, utilizing reusable bags, and even paying more for clothing from retailers who practice my like-minded ethos — being unable to cycle to work never sat well with me.*

*Throughout most of my professional career, it just wasn't practical. My last full-time job involved traveling nearly 35 miles each way. Because I had to arrive early, I would leave from home in the dark. My responsibilities were deadline-driven every single day, so it was important to be on time. There was no room for error, so any bike trouble — even just a flat tire — wouldn't have been in my favor. And to top all that off, my place of employment didn't have showers.*

*But these are excuses I can now leave behind. I enjoy riding my bike so much that I even take the long way. While I could walk to work on the Kennebec River Rail Trail, which would be a mile-and-a-half in each direction, my cycling route ends up being seven miles for the entire trip.*

*The benefits are many. The obvious ones include better health, both mental and physical; it's one less vehicle on the road; and the feel-good impact I receive because it's the right thing to do. In addition, there is one other consequence linked to my youth that brings me much pleasure.*

*It occurs at work, where I often find myself glancing over at my bicycle. That trusty two-wheeled machine leaning against the wall, just waiting to take me home after an eight-hour day. It brings back memories of cruising on my bike to grade school in rural Michigan; a different type of commuting that I believe helped foster my love for*

## Simply put



Patrick Gabrion

riding.

*I remember sitting in class, the anticipation building throughout the day; freedom was idling outside at my school's lone bike rack. When the last bell sounded, I was more than eager to blast off on my bike. I couldn't run fast enough to feast my eyes on my red-and-white Skyrider.*

*Jumping on the seat brought pure joy. Joining other kids who rode to school added to the merriment. Leaving behind those unfortunate schoolmates who had to wait for buses, we cranked our pedals so fast our legs could hardly keep up. We dashed through our little farming village, splintering off one-by-one as we each headed to our separate homes.*

*I lived on a gravel road, so avoiding small rocks and the vibrating chatter bumps was a constant battle. It was hard to pick up any speed. But it didn't matter. I was on my bike, gliding past corn and bean fields as far as the eye could see. And I arrived at my house long before the bus that I wasn't on.*

*I recall that old bike had wide tires, an oversized handlebar, full fenders, and a bulky, heavy frame, but I adored it. And what I was doing probably wasn't readily referred to as commuting back in the 1960s; I was just riding a bicycle and having fun.*

*And where is my part-time gig that I now commute to two days per week? At a bike shop. How cool is that!*

Anyway, if you wish to check out my efforts with my cycling blog, the web address is [pedal2page.com](http://pedal2page.com). Please enjoy, and I'll sign off now the same way I do most of my postings ... stay safe!

**SEE YOU AT THE CENTER!!!**

### New and renewing members for May

Memberships received as of May 20, 2021. * indicates new membership • indicates donation made with membership	<b>Brunswick</b> Heidi Boyd • Frank Broadbent Louise Burgess Carolyn Dow * Judy Ginty Gisele Grant * Cathy Holt	Rita Ketay Laraine Lach Ann MacKinnon Ian MacKinnon Betsy Nivens * Debora Noone * Kathleen O'Brien * Monique Sondheim Sandy Sondheim Anne Taft (Lifetime member) Francis Weatherbie •	<b>Freeport</b> Diane Briggs *	<b>Harpswell</b> Kathy Bowen • John Moulton • Sarah Moulton • Karin Soderberg Joseph Tonely	<b>Topsham</b> Elizabeth Bavor • Patty Brewer Kathleen Connors Birgit Palmer Carmella Pellerin Christine Six *
---	--	--	-----------------------------------	--	--



## ROUSSEAU MANAGEMENT

Skilled and Assisted Living in Midcoast Maine



[www.rmimaine.com](http://www.rmimaine.com)

 <p><b>COASTAL LANDING</b> RETIREMENT COMMUNITY</p> <p>142 Neptune Drive, Brunswick (207) 837-6560</p>	 <p><b>COASTAL SHORES</b> RESIDENTIAL CARE</p> <p>142 Neptune Drive, Brunswick (207) 725-5801</p>	
 <p><b>DIONNE COMMONS</b></p> <p>24 Maurice Dr, Brunswick (207) 725-4379</p>	 <p><b>Neighbors, Inc.</b> The Home Care Company</p> <p>142 Neptune Dr, Brunswick (207) 725-9444</p>	 <p><b>Horizons</b> Living &amp; Rehab Center</p> <p>29 Maurice Dr, Brunswick (207) 725-7495</p>

We take your loved ones comfort and health to heart.

### PEOPLE PLUS COMMUNITY BOARD

**Lawn Mowing.** Now accepting new customers for the 2021 summer season. No contract necessary. We offer weekly, or as needed lawn maintenance. The price for a lawn cut on the average property is \$30. Larger properties can call for an estimate. **Call Gerard at 725-9738 or email [flanaganlawncare@mail.com](mailto:flanaganlawncare@mail.com)**

**Gently used Chair Lift in Brunswick.** Pinnacle SL600 made by Harmor. Straight chair lift, 14 ft. long, used for less than 2 months. In excellent condition, fully assembled, and ready to install. \$595. FMI Sharon Siegel, 508-893-0766, [speasiegel@comcast.net](mailto:speasiegel@comcast.net)

**Services or items to offer or request?** Contact our readers in print & online. Up to 50 words (\$10 donation appreciated). [contactnews@peopleplusmaine.org](mailto:contactnews@peopleplusmaine.org).



### A Place Where You Belong

Looking for a community that recognizes you as a unique individual? With a variety of living options as well as various wellness, cultural and educational programs and activities offered, The Highlands is the home to live your best life—exactly as you want.

**Call (207) 725-2650 to schedule a personalized tour.**



**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

30 Governors Way • Topsham, ME 04086  
(207) 725-2650 • [www.HighlandsRC.com](http://www.HighlandsRC.com)



# Member Moment

## Getting to know Cathy Cooper

I'm Cathy Curtis Cooper, 63, and I live in Brunswick.

I was born at the Madigan Army Hospital in Tacoma, Washington. My dad, Chester Curtis, had two years of active military duty after he earned his degree in forestry at UMO and then began his years in the National Guard. His part-time job with the National Guard was emergency preparation for our own Washington County. He retired as a lieutenant colonel. He developed as a volunteer the local ambulance service. I am very proud of his service and volunteer work.

My mother, Judy, framed my interest in politics, genealogy, and love of reading. She has a master's degree in library science and was a state of Maine representative. She volunteered, as well, on many local boards, primarily in historical and social services. My brother, Danny, is three years younger than I.

So when I attended University of Maine at Orono, as a public management major, I was a volunteer in a student government campus-wide activities board. My husband-to-be Richard was on the activities board. I was an usher at the events, public relations, and special events coordinator. Later on, in 1984, I earned my master's degree in business and worked in accounting.

After college, my married life started in Pittsburgh, Pennsylvania. I worked downtown and in 1979 we went to the baseball World Series because I could stand in line for the tickets. The Pirates won the series!

We spent our careers in Shrewsbury, Massachusetts. We raised our two daughters there. I had been elected as a town meeting representative for about 12 years. I was a co-president of a grass-roots campaign, Valuing Our Town and Education (V.O.T.E.). V.O.T.E.'s mission was to bring yes voters to the polls to

fund a capital override for a \$60 million new high school. I canvased about 1,000 homes. We started with about five people and ended up with 175 people volunteering. I was stunned at the results, we won the election!

I joined the Shrewsbury High School F.I.R.S.T. Robotics Team and was in charge of nuts and bolts and other fasteners. I also worked with organizing building materials and portable tools. I was a mentor, so I led by example. I loved the job and the kids. I continued on as an administrative aide and kitchen help. We had family meals during the build season in which I volunteered at least 20-40 hours in a week.

My family always had dogs and so did my husband's. We have had standard poodles for 32 years. The current dogs are Tinu, aged 11, a black dog, and Gal, aged 5, a red dog.

In the winter, we go downhill skiing at Sunday River. Skiing has taken the two of us to Austria, British Columbia, Alberta, Utah, California, and Idaho. Although skiing is the focus, traveling is great fun as well. I learned this winter about online bridge with friends, hiked, snowshoed, and cross-country skiing. Now summer is here, it is time to bring out our pedaling tandem.

I joined People Plus about five years ago. I walk or ride my bike there in good weather. I enjoyed my Easy Riders bike rides with Dr. Rich Giustra as the leader. He was wonderful about the selection of the ride and where to stop for coffee or what have you. I helped with some of his medical programs as his assistant. I am sad that he has passed on, but

*"Member Moment" gives people who participate in programs and activities at People Plus a chance to tell us a little bit about themselves. Don't be surprised if you might be asked a few questions some day, after all, everyone has a story to tell. Thank you.*



**DID SHE REALLY EAT ALL THOSE CUPCAKES?** Only Cathy knows as she enjoyed the ladies' March tea party at the Center! Not only does Cathy attend most of our parties, gatherings and meals, she's a very helpful volunteer who will always clean up and put away the chairs and tables with the gang.

I sure learned a lot from him.

Easy Riders was a group that enjoyed winter activities, such as cross-country skiing in the park behind Rich's house, hanging around the fire pit cooking marshmallows and drinking coffee, visiting light-houses, and learning how to bake doughnuts.

I love the food events at the Center, such as women's breakfast and monthly meetings. It is so great to meet new and old friends. I have helped out with taking down the event and clean-up. The Lunch Out group is a fun way to visit new or old favorite restaurants

in the area.

I have a passion to play bridge. Currently, People Plus has two levels of play, beginner and intermediate and advanced. I play on Tuesday at 9:30 and can teach the basics. Also, the People Plus Outing Group is about walking on trails and picturesque roads, enjoying the outdoors. This month we visited Wolf's Neck State Park, with state parks being free for those people 65 years and older.

People Plus is one of my passions, as I have found friendship there.

A part of my life that I'd like people to know is that we have traveled at great deal, camping in U.S. and Canada. We have Swiss friends who we travel with in the U.S. and Europe. We have traveled in Europe and have visited about 22 countries.

Our highlight of 2001 was a segment featuring a (Heidi) rustico cottage in the Swiss Alps and a tunnel. The cottage was built in the 1600s on a mountain accessible by car with a road that was a single-track, hugging the cliffs with many switchbacks. To pass approaching cars, you had to find a side with a dugout and pull in your mirrors. At times looking over the hood of the car I saw nothing but air. Very, very, scary.

Once we had arrived, the mountain-side had a gondola which went down over the cliffs. We visited the Gotthard Tunnel, which was in the process of being dug out under the Swiss Alps. We got on safety equipment and muck boots to descend under the mountain. We went down about a mile in a 10-person van. The drilling machine and trucks were huge. The humidity and temperature were extremely high. It was so refreshing to go back to the surface.

Going back to the Heidi compound we found more excitement. The mountain-side gondola in the dark was brushing against trees growing out from the cliff and then it stopped. Seemed like hours in the dark and it lurched upward. Some exhausting day!

One-on-one, individualized care in a clean and safe space!



439 Lewiston Road (Route 196), Topsham

207-725-4400 www.Reform-PT.com

Pre & Post-Surgical Care • Chronic Pain Treatment • Balance Related Issues

IN NETWORK WITH: Medicare, MaineCare, Martin's Point, Anthem BC/BS, Humana, Tricare, AARP, United Healthcare, Aetna, Today's Options, the VA, and others!

Clinics also located in Yarmouth & Kennebunk!



At **Mid Coast Medical Group-Orthopedics**, our team of board-certified, fellowship-trained physicians specialize in medical and surgical management of bones and joints.

### Specialized Foot & Ankle Care

We understand the impact that foot and ankle pain can have on your active lifestyle. We are dedicated to offering expert surgical foot and ankle care, close to home.

- Fractures, dislocations, and sprains
- Stress fractures
- Ankle replacement and foot reconstruction
- Sports injuries
- Achilles tendonitis
- Chronic ankle instability
- Foot deformities

Call us at (207) 442-0350 to schedule an evaluation.



**MID COAST MEDICAL GROUP**  
**Orthopedics**

430 BATH ROAD, SUITE 102, BRUNSWICK  
WWW.MIDCOASTHEALTH.COM/MCMG



## When you are contemplating a move...

to a Retirement Community, enjoy a visit to COASTAL LANDING in Brunswick to see all we offer in independent retirement living (assisted living available). Included in your monthly rent:

- \* Choice of two meals daily
- \* Activities and Social Events
- \* Light Housekeeping
- \* Private Bathroom & Kitchenette
- \* Other services available for a reasonable monthly fee.
- \* Scheduled Local Transportation
- \* Heat and Electricity
- \* Maintenance Service
- \* Free Laundry Room

Find your way to  
142 Neptune Drive  
Brunswick, ME  
837-6560

www.coastallanding.com



**COASTAL LANDING**  
RETIREMENT COMMUNITY